

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

June 2015

Raspberry Rice Salad Southern Banana Pudding Strawberry Milk Cooler Choco-nana Pops Frozen Pudding-wiches Orange Julius

Raspberry Rice Salad

2 packages (10 ounces each) frozen raspberries in syrup, thawed
2 tablespoons cornstarch
1 cup instant brown rice, uncooked
3 cups fat-free skim or 1% milk
1 cup sugar
1 container (8 ounces) frozen light whipped topping

1. Drain raspberries, saving the juice. Place juice into a saucepan and add cornstarch. Cook until thick. Add raspberries and cool.
2. Cook rice according to package directions. Drain and rinse. Using the same saucepan, place the cooked rice and add the milk and sugar. Cook for 20 minutes on a lower heat. Stir often, as the rice mixture tends to burn easily. Place in a bowl and chill well. Fold in the whipped topping.
3. Layer half the rice in a clear glass bowl. Layer half the raspberries over the rice, then layer the remaining rice, and top with remaining raspberries.

Note: Frozen strawberries in syrup can be substituted for frozen raspberries if desired.

Nutrition Note: This recipe makes 10 servings. Each serving has 250 calories, 3 grams of fat, 4 grams of protein, 54 grams of carbohydrates and 35 milligrams sodium.

Tips for Healthy Snacking

Grab a Glass of Milk: A cup of low-fat or fat-free milk is an easy way to drink a healthy snack.

Southern Banana Pudding

3¾ cups fat-free skim or 1% milk
2 boxes (3.4 ounces each) fat-free instant vanilla pudding mix
2 cups frozen light whipped topping, thawed
32 vanilla wafers
2 medium bananas, sliced

1. In a large bowl, mix 3½ cups of the milk with the pudding mixes. Beat the pudding mixture with a wire whisk for 2 minutes until it is well blended. Let stand for 5 minutes.
2. Fold 1 cup of the whipped topping into the pudding mix.
3. Arrange a layer of wafers on the bottom and sides of a 2-quart serving bowl. Drizzle 2 tablespoons of the remaining milk over the wafers. Add a layer of banana slices and top with ⅓ of the pudding.
4. Repeat layers, drizzling wafer layer with remaining milk and ending with pudding. Spread the remaining whipped topping over the pudding.
5. Refrigerate for at least 3 hours before serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 160 calories, 4.5 grams of fat, 5 grams of protein, 26 grams of carbohydrate and 130 milligrams of sodium.

Breastfeeding:

Why breastfeed?

“After I heard the benefits, there seemed to be no other choice but to breastfeed.”

~ Lillian, WIC Breastfeeding Mom
from Bismarck, ND

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Strawberry Milk Cooler

1 pint fresh strawberries or 10 ounces frozen strawberries, unsweetened
2½ cups fat-free skim or 1% milk
⅓ cup sugar
1¼ teaspoons lemon juice

1. Crush strawberries with a fork.
2. Combine all ingredients in a blender and blend until smooth.

Nutrition Note: This recipe makes 4 servings. Each serving has 140 calories, 0 grams of fat, 6 grams of protein, 30 grams of carbohydrates and 65 milligrams of sodium.

Choco-nana Pops

- 1 cup fat-free skim or 1% milk
- 1 ripe banana, peeled and cut in half
- 2 tablespoons chocolate syrup
- 1 teaspoon vanilla extract

1. Combine all ingredients in a blender. Blend on high for 1 minute or until thickened. Pour into two 8-ounce paper drinking cups.
2. Cover each cup with aluminum foil; insert a popsicle stick through the foil into the milk mixture.
3. Freeze until firm. To serve, dip cup into warm water and slide out.

Nutrition Note: This recipe makes 2 pops. Each pop has 150 calories, 0 grams of fat, 5 grams of protein, 32 grams of carbohydrates and 60 milligrams of sodium.

Frozen Pudding-wiches

- 1 box (about 3.5 ounces) fat-free pudding mix, regular or instant, any flavor
- 2 cups fat-free skim or 1% milk
- 36 graham cracker squares

1. In a mixing bowl, add the milk to the pudding mix and prepare according to package directions.
2. Spread one graham cracker square with about two tablespoons of pudding.
3. Put another graham cracker on top, like a sandwich.
4. Wrap in plastic wrap and freeze.

Nutrition Note: This recipe makes 18 sandwiches. Each sandwich has 50 calories, 1 gram of fat, 2 grams of protein, 9 grams of carbohydrates and 70 milligrams of sodium.

Turn Off the TV

Draw different shapes with sidewalk chalk and practice moving over, around, and into them.

Source: Head Start Body Start

Orange Julius

- ½ can (6 ounces) frozen orange juice
- 1 cup water
- 1 cup fat-free skim or 1% milk
- ⅓ cup sugar
- 1 teaspoon vanilla
- 12 ice cubes



Combine all ingredients in a blender and blend until smooth.

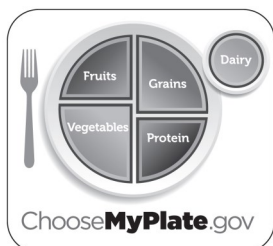
Nutrition Note: This recipe makes 4 servings. Each serving has 150 calories, 0 grams of fat, 3 grams of protein, 35 grams of carbohydrates and 30 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Drink Milk at Meals

Make it a habit to serve milk at meals for your family. It is hard to get enough calcium if you don't drink milk. Other ways to boost your calcium intake include drinking calcium-fortified juice, eating yogurt and cheese, and cooking with milk in recipes.